

### New Technology, Research In Motion Blackberry 957

Being out the office no longer has to mean out of touch. Next time you're in Outlook, take a careful look at the shortcuts. All five functions, in-box, calendar, contacts, tasks and notes can fit in the palm of your hand! Information Management Office is evaluating a small, hand-held device that will do just that. With it, you can read and reply to your text email. It will alert you when new messages arrive and double as a pocket pager!

You also have a real time calendar and a handy calculator. All your personal contacts, tasks and notes are at your fingertips. It's completely wireless and operates via cell phone frequencies. It's always on, so you don't have to log into a server. Email and calendar updates are carried out automatically. Contact list, task, and note updates occur during the daily 15 minute charging using a cradle connected to your desktop computer.

### Corps Path begins in January!

On 7 September 2001, the Chief of Engineers announced the initiation of the CorpsPath, a training program which he intends all Corps members complete by the end of FY2002.

The CorpsPath is an information and training program that illustrates how members of the Corps of Engineers conduct themselves and their business. The St. Louis District Team will commence CorpsPath this month and everyone is expected to complete the program by the end of September 2002.

Story on page 3





COL Michael R. Morrow, Commander

How many of you out there know what a slide rule is? I won't ask how many of you used them. I can still remember that sunny day in math class when the world of technology took a giant leap forward. I was limbering up my trusty slide rule when low and behold one of the students next to me brought in a personal calculator. It was a behemoth, as large as a present day laptop computer in a carrying case and it needed to be plugged in. We sat in awe as this student ran the cord to an outlet and fired up his personal calculator. Hoooeee ladies and gentlemen, the days of trying to place that decimal

point in an answer with the old slide rule were numbered. Technology seemed to multiply many times over in a very short period, and shortly we were all carrying small hand held calculators.

Technology continues to keep up a fast pace with computers, fiber optics, e-mail and the Internet. It just seems like yesterday that someone was claiming to have invented the Internet and look where we are today. The first computer was built during WWII for calculating artillery tables. This computer was called the Eniac and ran on vacuum tube technology. It filled an entire building at Aberdeen Proving Grounds. Eniac would only run for about an hour before one of its thousands of vacuum tubes would burn out, but the data it produced in that one hour were worth the days it took to find the burned out tube. We have watched over the years as computers became smaller and more powerful and mercifully, more reliable. I thought I was in heaven when I got my first lap top computer several years ago. Finally I could do e-mail on the road, if I stopped and plugged it in to a phone line.

Well stand back because the laptop just got smaller. The Blackberry is a very small, powerful e-mail tool that does not need to be plugged in to a phone line to operate. I can now do e-mail from home while watching TV (Linda loves that feature) transcribing thoughts into notes. One thing is

certain and that is technology will continue to evolve. Technology properly employed will help us to improve our working conditions and increase our productivity.

#### In This Issue:

Corps Path Page 3
Health Watch Page 4
Retirement Page 5
Better Driving Page 6
Tree Triming Page 7
Christmas 2001 . Page 8
Around the District Page 10
Employee of the Month Page 15
Retiree's Corner Page 15
Last Centrury . Back Cover



ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, US Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

District Commander ----- Michael R. Morrow

Chief, Public Affairs ----- Alan J. Dooley

Editor, Design, Layout ----- Russell A. Elliott

Address mail to: US Army Engineer District, St. Louis, ATTN: CEMVS-PA, 1222 Spruce, St. Louis, MO 63103-2833, Phone (314) 331-8095

### CorpsPath continued from Page 1

The following Frequently Asked Questions about CorpsPath have been excerpted from the Professional Development Support Center (PDSC) website:

What is CorpsPath? The CorpsPath is an alternative learning method designed to help us work better together and more effectively for the Army and the Nation. It is based on the Corps vision and integrates our vision with our business processes. In another sense, the CorpsPath could be described as the "new employee orientation none of us had." It's an information and training program that illustrates how members of the Corps of Engineers conduct themselves and their business. The CorpsPath integrates Corps values, missions, and beliefs with Corps business processes.

Why does the Chief of Engineers think we need CorpsPath? The Chief believes there's a need for CorpsPath for several reasons. While visiting districts and divisions throughout the Corps and attending a number of conferences, the Chief noticed that the work processes in each district differed - sometimes a little, sometimes a lot. He also found that many people in the Corps were familiar with only the limited area in which they work and lacked a common understanding of the whole Corps. As a result, they had a narrow view of our vision and values, our multiple missions, our history, and our culture. You may know someone like that in your own office. A key objective of CorpsPath is to help bring us together as an organization.

### How long are we going to have to sit in a classroom?

There is no classroom training with CorpsPath, since it is an alternative to that type of training. You will experience CorpsPath at your own desk, on your own computer, at your own pace. The information modules communicate through an interactive CD and over the web, incorporating video, voice, and sound, as well as text and graphics. After completion of the modules, your workgroup will meet to discuss the information in a follow-on session. CorpsPath has incorporated a feature to facilitate these discussions that allows you to jot down your questions and comments as you go through the material. These notes can then be printed to take with you to your workgroup meeting.

**How long will CorpsPath take to complete?** The total time you spend on the computer and in follow-on meetings is approximately 20 hours. There are 14 modules; it should take an average of 20 to 30 minutes to go through each. You might go through one or two modules per week, depending on work schedules. Your supervisor will schedule the follow-on discussions after everyone in your workgroup has completed a module.

I can see benefits to the organization, but what do I get out of CorpsPath as an individual?

CorpsPath can help you in any number of ways. First, it can help you gain personal insight into your own work habits and show you some techniques for managing your career. Second, it can give you a stronger sense of our organization's vision and values. A few people feel organizational direction is a bunch of fluff, but most people say they need some vision as a context for performing their jobs well and don't receive this in their workgroup. Third, you could resolve some important work issues. The most important part of CorpsPath are the workgroup discussions following the modules. CorpsPath brings up some tough issues which work groups can resolve. It's up to you. Finally, CorpsPath can bring us in sync with one another by setting standards and expectations for teamwork, communications, and customer service. This should help increase job satisfaction.

Continued on page 4



### Exercise and Weight Loss Can Affect Your Blood Pressure During Daily Stress.

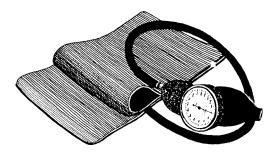
Jason B. Wilson, BS, CES

High blood pressure is a risk factor for heart disease, kidney disease and stroke. Heart disease is the number one killer in the United States, and stroke is the third most common cause of death. About one in every four American adults has high blood pressure. High blood pressure is especially dangerous because it often gives no signs or symptoms.

It is a well-known fact that daily life can have a big impact on your blood pressure. Stressors that rear their ugly head during the course of a normal day can have a significant impact on blood pressure, sending it well above the normal resting values. There is a way to keep your pressure lower during the stressful times. According to research performed by the Department of Psychiatry and Behavioral Science at Duke University Medical Center and the Department of Medicine at the University of North Carolina, Chapel Hill, exercise and weight loss can have a positive impact on lowering blood pressure during normal daily stress.

The study investigated the effects of exercise training and weight loss on blood pressure associated with emotional stress during daily life.

One hundred twelve participants with non-medicated stage 1 to stage 2 hypertension were randomized into an exercise only group, a weight management only group and a combined exercise and weight management group. The study suggests that exercise, especially when combined with weight loss, reduced blood pressure not only at rest but also during situations of emotional stress that typically elevate blood pressure. These findings further add to the incredible benefits of a sensible weight reduction and exercise program.



Source: Medicine and Science in Sports and Exercise 2001 October; 33(10): 1635-1640

### CorpsPath continued from page3

What if I don't want my district to be like all the rest? Stop and consider that most major corporations in America have some sort of required orientation training. Employees say they like getting an orientation because it helps them learn the ropes. In the Corps, our new employees have to figure out cultural norms and business processes as they go along or by making mistakes. Those who move to another Corps district can feel like they're on a different planet, and some of us, though we've been around for years, have no idea about certain mission areas or business processes beyond our own turf. So let's get real - none of us knows everything, and, no, not all districts have to be alike. Certain districts have developed centers of expertise, adding value to our customers; but our business processes and work standards should be pretty much the same from district to district. We are one Corps, part of The Army.

#### Is CorpsPath mandatory?

Yes, the CorpsPath curriculum is mandatory for all of us. The Chief and the senior leadership expect everyone to participate fully.





### **Regina Pucel retires**

Regina Pucel retired with over 33 years of federal service. During her career, she worked in several Corps divisions. She leaves us from the Contracting Division. Regina's cheerful smile, talents and abilities will be missed by all. Come back and visit us!



Seated (L-R) July Kibler, Treniece Sutherlin, Joan Brickey, Regina Pucel, Jean Beausang, Lisa White, Standing (L-R) Brenda Wynne-George, Archie Riggenberg, DeAnn Chambers, JoAnn Moritz, Nancy Conner, Judy Willett, Lisa Bross, Gail Evans, Etta Schuchardt, Kathy Souders, Millie Washington



#### New Year's Resolution: I'll Be a Better Driver

When each New Year dawns, it becomes time to wipe the slate clean, start fresh, and be the person you want to be. This year, why not resolve to be a better driver?

For one thing, this may be the year to attempt something new. The problem for many of us is that soon after we resolve to stop smoking, cut down on fats or read War and Peace, we revert back to our old selves. Even before the ink on the new list is dry, we're puffing away, eating bratwurst and watching I Love Lucy reruns.

One reason for this lack of staying power may be that we make the same old list every year. Check last year's list, and the year before, and the year before that. If this year's list is the same as last year's, it's time for you to try a totally new, never-beentried-before resolution: I'm going to be a motorist par excellence this year.

Before you scoff at the idea, think about your driving habits. Driving in the metro area-both city and suburbscan be a hassle. Too many cars, too many traffic signals, too many traffic jams. Like the story of the mildmannered Dr. Jekyll who turns into the evil Mr. Hyde, traffic can do strange things to us when we get behind the wheel. Now is the time to resolve to do better.

Just because you think you're a good driver doesn't mean you couldn't stand a little improvement. Most of us consider ourselves better than average-if not excellent-drivers. Unfortunately, some of us use this belief as an excuse for bad driving: "I have better reflexes and driving skills than others drivers, which is why it's okay for me to weave in and out of traffic to speed past them." On a bad day, it even justifies tailgating and honking.

Well, if you've ever honked or tailgated another driver and felt bad about it-for example, when it turns out to be your favorite aunt or your bossyou're a candidate for a New Year's resolution. The fact is, most of us could be better drivers than we are. And there is at least one very good reason to become a better driver: the safety of our children.

So here's a New Year's Resolutions list to get you started:
Pay attention. Driving is a complex task that requires your full attention. Yet car phones and kids, cigarettes and CD players, can take your mind off the road. Fatigue and alcohol weaken your ability to concentrate. Last year, 15,000 people died by driving off the road.

percent of all fatal crashes involve alcohol, so don't drink and drive. Also, watch your temper and use your turn signals. If you have good driving habits, chances are the children who look up to you will copy them when it's their turn to drive.

Be a good neighbor. You don't like it when other people speed through your neighborhood, so don't do it yourself. Respect other neighborhoods, drive with care, and don't litter. Also, remember that children can and will do the unexpected, so drive slowly and stay alert for them.



Keep cool. Your judgement is better when you're calm. So make up your mind to keep your cool even if you get cut off, or when you hit a twomile back-up that the radio traffic report failed to mention.

Be courteous. The golden rule applies to driving. Make room to let the other guy into your lane, for goodness sake. And if the other driver is a jerk, it doesn't mean you have to be one, too. Keep in mind that driving is not a competition. You don't have to be first to the mall or post office.

Be a good role model. Children watch and imitate parents, adult friends and relatives, and big brothers and sisters, too. Remember that 40

Share the road. Bicyclists and pedestrians have a right to use the road, just as you do. Keep in mind that we're all pedestrians at some time or another, and that bicyclists are oftentimes children.

Wear your seat belt. This is the single most important thing you and your passengers can do to protect yourselves. So insist that everyone wear them. Report traffic problems. When you come across potholes, illegible signs and uncoordinated traffic signals, report them. Municipalities won't fix them if they don't know about them. And they will respond more quickly if they feel a little pressure from the motoring public.

Parents, get involved in your



teen's driving. As a parent, you've struggled for years to prepare your child for the adult world. Don't drop the ball now. Make a "contract" with your new driver that spells out the conditions under which your teen is allowed to drive, and then enforce it. Teens need to know that you consider driving an earned privilege that you will withdraw if they don't live up to their end of the bargain. But you have a responsibility, too: Make sure that they are properly trained.

Teens, be humble. The teen crash and death rate is off the charts. Why? Inexperience and a false sense of invulnerability can lead to all kinds of mistakes. So teens, accept the fact that to be a good driver takes time and practice. Be willing to listen and learn. Be humble, because you're not as good a driver as you think you areand you're not invulnerable. The reality is that when it comes to driving, a small mistake can destroy a bright future.

Seniors, know thyself. They say that "time and tide wait for no man." Aging is a fact of life. What we gain in experience, we lose in reflexes and eyesight. So be honest with yourself, know your limitations as a driver, and restrict your driving accordingly. This may mean no night driving, staying off expressways, or not driving after taking certain medications.

Mark Alvey pours hot chocolate under the careful watch of Diadra Henly-James



#### Good luck!

Source: AAA New York Contributor: Mark Kulewicz, Traffic Engineering and Safety Services False rumors are one of our biggest security problems. Consider the source.

If you have legitimate

d you have legitimate concerns, contact your Security Office.

Most important of all;

Don't spread

spread
it any
further!





# Christmas 2001



Dolly was a "big" hit!



Elvis sightings were everywhere!



Elvis and Dolly pose together



Wisconsin was happy to say "cheese!"





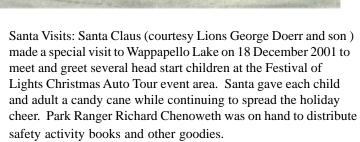
Lawrence Welk was just "bubbly."



### **Around the District**



### Wappapello Lake













9th Annual Festival of Lights Auto Tour: The second weekend of the Festival of Lights Auto Tour in the Redman East Campground was a big success. Santa Claus was on site to hand out candy canes and talk with children about their Christmas wish lists. Local church groups, families and businesses have all joined in this festive effort by decorating sites within the campground. This event is partnered with the Wappapello Lake Lions Club. The event is open weekends until December 21st. From December 21st to December 30th the event is opened on a nightly basis.





#### Rend Lake



# Rend Lake CAC Hosts Christmas Party for Employees:

The Rend Lake CAC sponsored a Christmas party for the staff of the Rend Lake Project Office on Saturday, December 8. The party was held in the conference center of the Rend Lake Resort. A delicious dinner featuring roast beef, fried chicken, salad, vegetables and dessert was enjoyed by all attendees. After dinner Asst' Operations Manager Kevin Curran congratulated Dawn Kovarik for being selected the St. Louis District's December Employee of the Month.

The award ceremony was followed by a White Elephant auction. All attendees were asked to donate an anonymous gift. The gift was to be an item, found around their house, for which they no longer have a use.

Each of the wrapped items was auctioned off by amateur auctioneer Mike Kovarik, (don't quit your day job, Mike!) husband of Park Ranger Dawn Kovarik. The auction not only served as entertainment for the evening, but also raised over \$150.00 that will go toward future CAC activities. Special mementoes and treasures were bought by several of the Rend Lake employees. Some of the prizes have even been known to show up in the auction year after year. An enjoyable evening was had by all.



Norman Carlile was presented his award by Assistant Operations Manager Kevin Curran and Visitor Assistance Ranger Mark Roderick

Rend Lake Park Ranger Norman Carlile was awarded the prestegious Commanders Award for Civilian Service during the 2001 Rend Lake Christmas Party. Carlile was presented the award by Assistant Operations Manager Kevin Curran and Visitor Assistance Ranger Mark Roderick. The citation which appeared on the plaque read, "During the years of 1987 through 2001, Norman W. Carlile has



displayed an exceptional work ethic as a Park Ranger at Rend Lake.

He regularly volunteers for extra duty assignments with an "any job at any time" attitude. His continued exceptioal performance and dedication to duty and public safety are the significant contribution to the success of the Visitor Assistance program at Rend Lake." Congratulations Norman, the Corps of Engineers is fortunate to have dedicated employees such as yourself as one of its family members.

#### **Mark Twain Lake**

### Volunteers Ensure Success of Mark Twain Lake Physically Challenged Hunt

Deer camps are quite common in the state of Missouri. Deer season offers a time when family and friends gather to hunt, eat and to enjoy companionship. Mark Twain Lake hosted its own deer camp on November 17 and 18 in the Indian Creek Recreation Area. The U.S. Army Corps of Engineers and numerous volunteers joined together with local businesses and civic organizations to sponsor the fourteenth annual physically challenged hunt for deer. The intent of this hunt is to offer physically challenged hunters the opportunity to experience safe hunting and the pleasures of the outdoors often inaccessible to them.

Volunteer assistance from the Paris Lions Club and the Monroe City



area allows these hunters to achieve a goal thought beyond their ability and provide treasured memories.



They contributed over 2000 volunteer hours toward building blinds to accommodate wheel chairs, transporting hunters to and from the



blinds, preparing a firing range for practice, set-up camp, prepare and deliver food, track and field dress deer, and provide companionship to the hunters. Local businesses and civic organizations also support the event



by providing transportation, food, funding and communication equipment. These contributions provided 30 physically challenged hunters the opportunity to harvest 18 deer and experience an outdoor activity that is usually inaccessible to them.





To recognize the years of selfless giving to this event, the Commander's Award for Public Service was given to Bob Kendrick of Monroe City and the Paris Lions Club of Paris, Missouri. Park Ranger Shelly Howald was also recognized with the Commanders Award For Civilian Service for her dedication to this special event. Their contributions, along with the countless numbers of volunteers, local businesses, and civic organizations that contribute to this event have insured the success of this worthwhile special event.



Otto Stephens was inducted into the *Gallery of Distinguished Civilians* last month. COL Morrow.presented the award.



### **Employee of the Month**

Mr. Kent Hayes was selected as Employee of the Month for November 2001. As a computer specialist student trainee working full time, he has little time to spare. As a member of the Information Management Office customer support team he has demonstrated his ability to handle increasingly difficult tasks and always tries to satisfy our customer. Recently, during the last two months, Kent participated as part of a team that worked to upgrade the Wide Area Network (WAN) connections to the district field offices. This work involved making software modification on the PC's and required some very long work days to complete. Kent volunteered to rearrange his normal work schedule to accomplish the tasks and minimize the interruption to district team members. His can-do attitude and willingness to go the extra mile to accomplish a difficult job shows the kind of customer focus and desire to succeed that we are always looking for. Congratulations Kent!





#### **Mass Transit**

Chris Bonucchi and Mary Beth Ferrer have a good reason to smile. They represented the District as The Citizens for Modern Transit and the Environmental Protection Agency recognized leading industry and governmental agencies. The award they're holding is in recognition of the District's support of mass transit. We were recognized for our participation in the Guaranteed Ride Home Program for both transit users and car-poolers. Our District also provides transit passes as well as rideshare matching, vanpool benefits, and secure bicycle parking. Currently thirty-four percent of our workforce use mass transit for their daily commute.

#### Good team work!

COL Morrow presented Mike Dace a commander's award on behalf of the Deputy Chief, Military Programs, USACE. Mr. Dace served on a team consisting of members from Military Programs, USACE, Huntsville Engineering Center OE, the Omaha Hazardous Toxic Radiological Waste (HTRW) Center and Expertise, and the Rock Island District. The team reviewed and quality checked the extensive Formerly Used Defense Sites Ordnance and Explosive (FUDS) site list. Together, they developed a programmatic cost estimate for submittal to the Secretary of the Army all as part of the Army Advanced Range Survey.





#### Retiree's Corner



The retirees must have some great connections with the weather bureau or maybe Mother Nature, because with all the unpleasant weather in recent days, Thursday, December 20th, turned out to be a beautiful day. There was a respectable gathering at the Salad Bowl for the monthly luncheon.

Charlie Denzel and his bride Jane. are proud grandparents and did what all grandparents do-show pictures of their little darlings. They had been in Florida, the week after Thanksgiving and had a great time, as the pictures substantiated. The pictures also revealed just how proud Charlie and Jane are of their grandchildren. Charlie also mentioned that John Jansen is becoming more of a "home body" these days. John no longer volunteers at St. Anthony's Hospital. (I guess when you pass a certain age, you can just lean back and relax. Good for you John.)

Don Wampler mentioned that he spoke to Bob Maxwell and that Bob is doing fine. He was sorry that he couldn't make the luncheon, but the complex where he lives, was having a some sort of activity today and that he felt he should attend. Don also mentioned that he received a call from Barb Boswell. She is now living in Elsberry, Missouri. Barb called Don to inform him of the passing of Joan Schmidt, a retired employee of the Personnel Office of the District. (Our condolences to the family of Joan Schmidt.)

Larry McCarthy brought his bride

Sharon to the luncheon. Normally, Larry sneaks out without telling her and shows up by himself. Larry recently saw Tom Miano at a home improvement store. He said that Tom was recuperating from heart surgery and was still not back to normal. Tom said that he is all wired up just like a construction job with reinforcing rods wired together. (Knowing Tom, he will be back to normal very shortly.) Larry had just come from the District Office where he donated blood and said that there are fewer and fewer familiar faces there. (That usually happens when you retire.)

Elsie and John Kalafatich made it to the luncheon. John is still sporting his "badge of honor" a cast on his left hand-wrist. Elsie tried to explain that the story about John's broken wrist being the result of his reaching for an extra helping of dessert is a rumor and the farther from the truth. The true story is that John fell when he was moving some sand in a wheel barrel. (I think the supposed rumor sounds better.) Elsie also mentioned that Laurell Nelson had called her and said that she wasn't feeling too good, and wouldn't make the luncheon.

Lew Scheuermann and his bride Helen said that they recently talked to Estelle Huizenga and that she is doing fine and was preparing to spend the holidays with one of her children. At the time she had not decided whether to go to Kansas City or Washington D.C. Lew said that the early publishing of the ESPIRIT caused him some concern, since it contained information about the surprise celebration for the Bakers wedding anniversary. He feels that he may have been able to keep the Bakers from seeing the ESPIRIT until after the celebration. (Lew has connections in high places.)

Rich Mills mentioned that he recently saw Bill Meldrum, Ed Ewing and Bill Sutton at the golf course. Rich said that he felt they were all enjoying retirement to the fullest.

Ron Bockhorst and his bride Lois were back. Ron said that he was still recuperating from eye trouble, but that it wasn't slowing him down too much. He said that he recently received a card from William Jones and that he is enjoying retirement in the lovely state of Florida.

Sandi Dombi had his trusty camera and was taking pictures, just as he did the last several luncheons. He also had some pictures from the October luncheon and was explaining how these new digital cameras work. (They can do wonders and in some cases more than an old person can cope with.) [ED note: our readers like to see photos too!]

Mention was made of the passing of some of our retirees. In addition to Joan Schmidt, Leo Briece of the Project Management Branch, Joseph Fuhrmann of the Foundation and Materials Branch and Virginia Jones of the Personnel Branch also went to their eternal reward. (Our condolences to the families of all of these retirees.)

The next luncheon is scheduled for January 17th at the Salad Bowl about 11:00. Hope to see more of you there. [ED note: everyone is welcome, not just retirees]



# **Last Century**



Information Management Office, February, 1988. How many of these co-workers can you identify? We'll publish the answer in the next issue of *Esprit*. [If you have a suitable photo we can consider for publishing in *Esprit*, please contact the Public Affairs Office.]

### Special forces make special request

During the early days of the ground war in Afghanistan, the Pentagon proudly released pictures of U.S. special forces riding wildly on horseback alongside Northern Alliance fighters.

Horses were something of a preoccupation for the Pentagon, which was more used to dealing with the problems of \$200 million bombers. The Pentagon spent much time dropping food and supplies, not just for the people of Afghanistan, but also for the horses and donkeys used by anti-Taliban forces.

Less known, however, were the special problems encountered by special forces. They didn't complain about riding horses into battle, but, according to Secretary of State Colin Powell, they did make a request to Congress for some unexpected and unbudgeted items: saddles.

Seems the Northern Alliance fighters get along just fine with wooden saddles, but U.S. special forces hoped to sit down on the job a little more comfortably on leather. Congress complied.